A Royal Women's Hospital
Well Women's Publication

Women's Health Matters

ܠܘܚܐ ܕ ܡܕܥܢܘܝܬܐ ܕܓܝܠܡܐ ܕ ܟܘܪܗܢܐ ܕ ܢܫ̈ܐ : ܐܝܪ 2002

ܡܪܚܩܬܐ ܕ ܥܘܩܬܐ ܕ ܟܪܣܐ ܡܢ ܒܬܪ ܒܘܫܠܐ ܕ ܬܪܨܬܐ ܕ ܥܘܒܐ ܕ ܢܫܝܘܬܐ

ܡܢ ܒܬܪ ܒܘܫܠܐ ܕ ܬܪܨܬܐ ܕܥܘܒܐ ܕ ܢܫܝܘܬܐ ܐܝܬ ܐܢܫܝܢܬܐ ܠܗ̇ ܡܪܚܩܬܐ ܕ ܡܚܒܬܐ ܕ ܪܘܚ̈ܐ ܒܠ ܕܘܟܬܐ ܕ ܢܫܝܘܬܐ ܒܐܘܪܚܐ ܕ ܡܦܪܬܐ ܕ ܡܦܠܚܬܐ ܕ ܡܥܝ̈ܐ.

ܐܢ ܥܨܝܪܘܬܐ ܕ ܟܪܣܐ ܗܘܝܐ ܚܕ ܡܫܪ̈ܐ ܐܝܬ ܕ ܠܗ ܒܝܬ ܟܪܣܐ ܗܘܝܐ ܒܗ ܦܬܝܐ ܗܘܝܠܬܐ ܚܕ ܡܪܚܩܬܐ ܠܡܘܪܟܐ ܠܓ̈ܠܬܗܘܢ.

ܘܐܝܬ ܕܡܪܝܐ ܡܢ ܪܒܘܬ ܠܒܝܬܐ ܕ ܡܫܝܠܬܐ ܡܢ ܒܬܪ ܕ ܒܘܫܠܐ ܡܢ ܕ ܦܪܩܝܐ ܡܪܚܩܬܐ ܡܢ ܠܬܠܬܐ ܕ ܥܨܝܪܘܬܐ ܕ ܟܪܣܐ ܒܐܘܪܚܐ ܕ ܐܟܠܬܐ ܕ ܡܫܝܠܬ̈ܐ ܕ ܡܪܐ ܕ ܘܡܘܪ̈ܐ ܐܝܬ ܡܣܒܪܬܐ ܕ ܐܝܬ ܡܢ ܡܢܝܢ̈ܐ ܡܫ̈ܬܐ.

ܘܡܘܪܐ، ܗܘ ܕ ܒܗ ܗܘܝܐ ܗܡܪܝܐ ܠܗ ܐܟܝܬܐ، ܒܗ ܡܟܝܪ ܡܢ ܒܡܫܘܬܐ ܘܪܒܝܚܘܬܐ ܕ ܠܗ ܠܚܘܫܬܐ ܘܒܗ ܡܟܝܪ ܡܢ ܡܬܡܥܢܝܘܬܐ ܕ ܗܘܝܐ ܐܘܠܨܢܐ ܕܡܬܪܪܐ ܠܗ ܡܦܠܚܬܐ ܕ ܡܥܝ̈ܐ.

ܐܝܬ ܪܒܘܢܝܐ ܠܗ ܒܠܝܗ ܗܘܝܐ. ܘܦܝܪܐ ܗܝܢܘ ܠܝܗ ܡܫܝܠܬܐ ܒܠ ܚܕܝܘܬܐ ܗܟ̈ܬܐ ܡܢ ܡܬܢܝܚܬܐ ܕ ܡܥܝ̈ܐ.

ܠܡܫܝܐ ܒܠ ܦܠܚܬ̈ܐ ܠܓܪ̈ܐ ܡܦܠܚ ܘܡܘܪ̈ܐ ܕ ܐܟܠܬ̈ܐ ܦܪܝܫ̈ܐ.

ܠܝܪܐ ܐܟܠܬ̈ܐ ܕ ܡܪܐ ܕ ܘܡܘܪ̈ܐ ܐܝܬ ܕܐܬܝܐ ܗܟܐ:

- ܦܐܪ̈ܐ ܘ ܝܪܩ̈ܐ (ܥܡܘܡ ܡܠܦܘܝܐ ܒܠܗܘܝܐ ܐܢ ܡܬܡܥܢܝܬܐ ܠܗ̇)
- ܠܚܡܐ ܕ ܩܡܚܐ ܒܘܡܪܐ ܠܚܡܪܐ ܘܟܝܪ̈ܐ ܠܚܡܪ̈ܐ (ܐܝܪ̈ܐ ܕ ܐܒܬܠܗܘܢ ܐܝܬ ܟܝܪ̈ܐ ܒܗ ܚܘܫܒ ܐܝܬ ܘܡܘܪ̈ܐ ܘܚܕܘܡܐ ܐܪ̈ܐ ܐ ܚܘܪܐ ܗܟܐ ܠܚܡܐ ܕ ܝܦܐ ܘܡܠܚܘܬܐ ܕ ܒܗܝܐ ܐܘܝܪ̈ܬܐ ܗܟܐ ܡܢ ܡܚܟܬ̈ܗܘܢ)
- ܡܫܝܠܬܐ ܕ ܟܝ̈ܪܐ ܡܪܐ ܕ ܘܡܘܪ̈ܐ ܐܝܬ ܡܘܚܟܝܐ ܡܢ ܠܚܡܬܐ ܐܝܟ ܡܘܗܠܒ، ܐܠܒܪ̈ܐ، ܠܪ̈ܒܝܐ، ܘܡܠܝܘ̈ܢܐ، ܒܪ̈ ܦܠܬܐ، ܥܪ.
- ܦܐܘܠ̈ܐ ܡܘܒܪܝܘܬܐ ܐܝܟ ܦܐܘܠ̈ܐ ܡܘܒܥܠܬܐ، ܦܐܘܠ̈ܐ ܕ ܒܘܠܝܬܐ، ܒܘ̈ܠܐ ܦܐܝܚܬܐ.
- ܦܐܪ̈ܐ ܡܘܒܪܘ̈ܐ، ܦܫܡ̈ܐ.
- ܚܒܠܘ̈ܬܐ ܐܝܟ ܚܒܠܘܬܐ ܕ ܣܠܬ̈ܐ، ܚܒܠܘܬܐ ܕ ܪܘܙܐ، ܚܒܠܘܬܐ ܕ ܝܪ̈ܬܐ ܡܢ ܒܪ̈ܠܝܡܬܐ ܐܦ ܝܐ ܒܗ ܗܘܢܒ. ܥܪܒ ܡܢ ܚܕ ܗܘܠ ܗܪܡ ܓܡܝܓܐ ܕ ܐܟܠܐ. ܘܡܦܠܚܬܐ ܕ ܐܝܬ ܒܗ ܗܘܝܒ ܚܠܠܬܐ ܕ ܦܘܚܐ ܡܢ ܢܦܫܐ ܠܗ ܟܪܣܐ.
- ܣܦ̈ܝܐ ܡܘܒܪ̈ܘܐ ܗܘܝܐ ܗܟܐ ܠܟܝܪܐ ܡܢ ܚܕܘܡܐ ܐܪ̈ܬܐ. ܘܗܪ ܗܘܝܐ ܝܐ ܐܝܟ ܘܡܦܪ̈ܐ ܒܗ ܚܫܒܝܢ ܒܠܠ ܚܕ ܡܢܝܢܐ ܕ ܒܗ ܡܬܢܝܚ ܡܢ ܡܥܝ̈ܐ. ܥܪܒ ܒܝܥܬܐ ܣܦ̈ܝܐ ܡܢ 2/1 ܗܡܝܢ ܕ ܠܝܡܪܐ ܕ ܣܦ̈ܝܐ ܡܘܒܪ̈ܘܐ.

GYNAECOLOGY INFORMATION SHEET: MAY 2002 - Assyrian
Avoiding constipation after vaginal repair surgery

THE ROYAL WOMEN'S HOSPITAL

ܠܘܚܐ ܕ ܡܕܥܢܘܬ̈ܐ ܕܓܝܠܡܐ ܕ ܚܘܕܫܐ ܕ ܝܪ̈ܚܐ : ܐܝܪ 2002

ܡܪܚܩܬܐ ܕ ܩܘܦܣܬܐ ܕ ܟܪܣܐ ܡܢ ܒܬܪ ܟܘܪܠܐ ܕ ܬܪܨܬܐ ܕ ܥܘܦܐ ܕ ܢܩܒܘܬܐ (ܐܢܫܬܐ)

ܥܒܕ ܪܒܐ ܡܢ ܡܫܬܝ ܡܝ̈ܐ ـ ܠܐ ܒܨܘܪܐ ܡܢ ܬܡܢܝܐ ܚ ܟܣܐ ܕ ܓܠܫ̈ܐ ܓܘ ܝܘܡܐ. ܡܐܟܘܠܬܐ ܕ ܦܐܪ̈ܐ ܒܐ ܦܠܚܝ ܐܢܝ ܕ ܗܘܝܐ ܡܫܬܝܐ ܕ ܡܫܬܝ ܡܝ̈ܐ. ܐܘ ܠܐ ܥܒܕܬܝ ܪܒܐ ܡܐܟܠ̈ܬܐ ܡܐܡܚܝܢܝܬܐ ܠܐܝܗ̇ ܕܩܘܦܣܬܐ ܕ ܟܪܣܐ ܗܘܝܐ ܒܨܝܪܐ. ܘܠܐ ܥܒܕܬܝ ܪܒܐ ܡܢ ܦ̈ܐ ܘܡܘܨܐ ܒܨܘܪܐ ܡܢ ܐܝܟ ܒܡܟܝܢ ܠܟܝ ܕܗܘܝܠܟܝ ܪܒܐ ܡܢ ܦܘܪ̈ܐ ܘܡܐܡܚܝܢܝܬܐ ܠܐܝܗ̇ ܕܡܬܒܪܘܢ ܣܒܘܥܬܟܝ.

ܠܐ ܐܬܒܠܒܠܗ̇ ܡܢ ܒܠܒܝ ܡܠܝܘܬܐ ܕ ܪܣܬܐ ܡܢ ܓܝܡܐ ܐܢܝ ܕ ܐܬܝܐ ܟܕܝܢܐ.

ܐܢ ܗܟܝܡܬܐ ܝܗܒܠܝ، ܡܦܠܚ ܡܪܚܡܢܐ ܕ ܦܟܪܐ ܠܗ ܡܥܒܕܐ ܡܥܝ. ܘܐܢ ܡܥܝܢܝܬܝ ܠܐ ܝܢܐ ܦܠܚܝܢܐ ܚ ܗܠܝܢ ܐܠܝܘܢܐ ܝܗܒܐ ܕ ܡܩܪܒܬܐ، ܡܫܬܪ ܡܢ ܐܟܝܐ ܓܘܬܝܐ ܕܝܢܝܟܝ.

ܐܢ ܐܬܐܠܬܘܢ ܡܠ ܕܐܬܝ ܕ ܗܘܝ ܒܘܩܪܐ ܚ ܐܟܣܩܘܬ̈ܐ ܐܢ ܒܡܫܠܡܬܘܢ، ܥܡܘܠܗܘܢ، ܪܗܛܘܬܗܘܢ، ܠܡܫܬܘܕܥܐ ܡܢ ܕܘܟܬܐ ܕ ܡܕܡܘܚ ܐܢܝ ܕ ܗܘܝܐ ܒܠܝ ܗܪܝܚܝܢܐ ܘܗܠ ܒܪܘܒܬܐ ܟܠ ܛܠܝܦܘܢ:
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